



# Socio-cultural factors and sport behaviour of young people in Switzerland – a conceptualisation on the basis of the habitus-approach

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## Introduction

In Switzerland, the physical activity of the population differs between linguistic regions. The German speaking population is more often physically active than that of the French or Italian speaking parts (Lamprecht, Fischer, & Stamm, 2014). The differences in sport participation between the linguistic areas of Switzerland are comparable to the sport participation in the neighbouring countries. Homogeneous structural conditions can be assumed within a country, especially in Switzerland, so the primary aim of this study is to analyse how socio-cultural factors such as sport-related values, attributions of meaning and patterns of action correlate with sport participation in adolescents and young adults. The leading questions are as follows:

- Which sport-related values, attributions of meaning and patterns of action are relevant in the context of sport?
- How can values, attributions of meaning and patterns of action concerning sport activities be systematised?

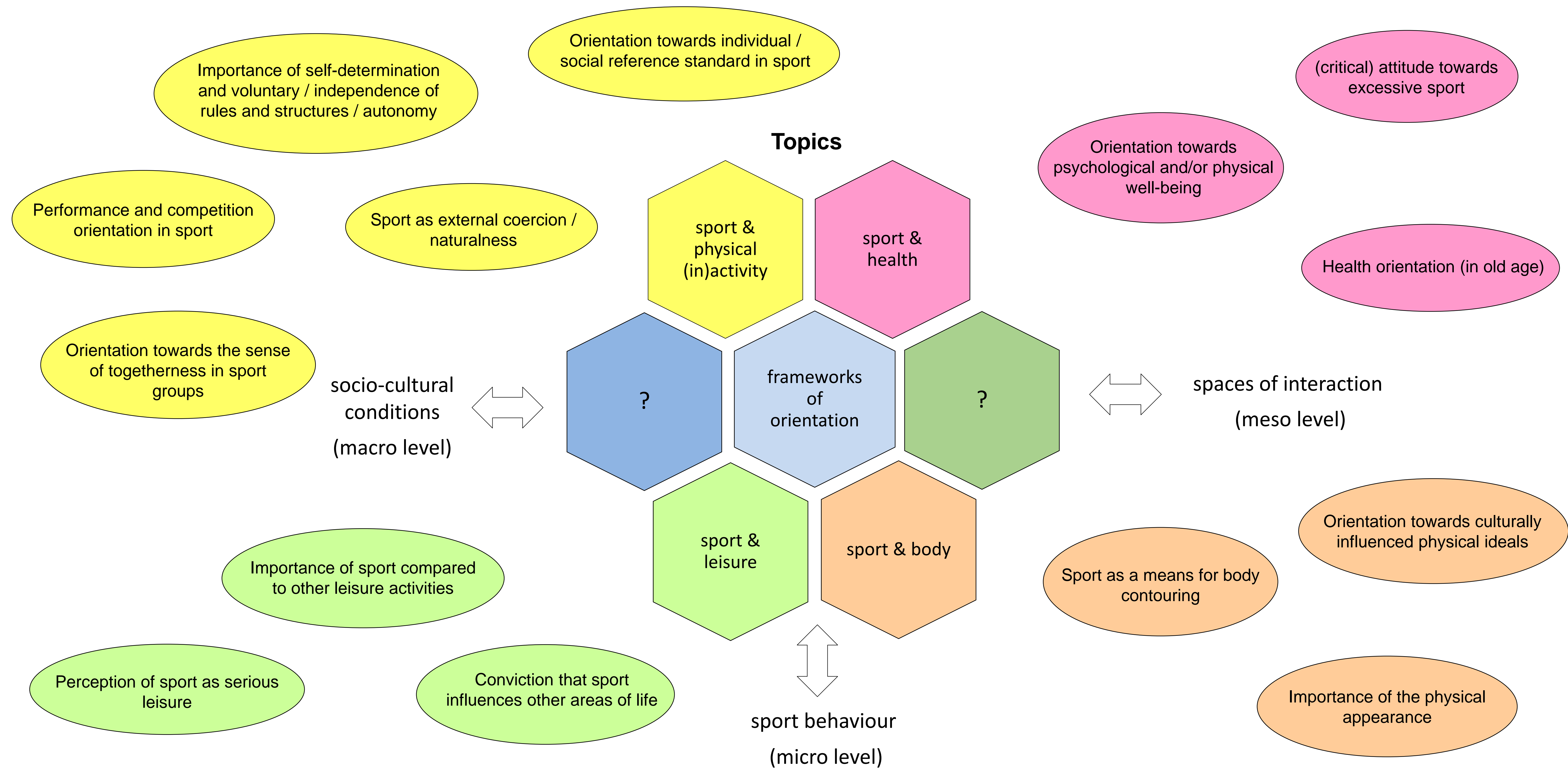
## Theoretical and methodical approach

In order to analyse this research questions, Bourdieu’s concept of habitus (1984) has been used as theoretical background. This sport-related concept of habitus considers culturally determined values, attributions of meaning and patterns of action which have an influence on individual actions and therefore also on sport practice. It is a theoretical concept that builds a dynamic intermediary between the social, also called structural level, and the subjective level of action. Using Bourdieu’s approach, individual lifestyles and, in this context, personal sport behaviour can be interpreted. An explorative qualitative study including 8 guideline-based interviews with German (n=5) and French (n=3) speaking adolescents and young adults from the age of 16 to 24 (M=21.4) were held in two different linguistic regions of Switzerland. The topics discussed were individual sport practice, attitude towards sport and physical (in)activity, sport and body, sport and health as well as sport and leisure. For the reason that values, attributions of meaning and patterns of action are incorporated as atheoretical knowledge, the interviews were analysed using the documentary method (Bohnsack, 2010). The documentary method overcomes the problematic relation between subjectivism and objectivism and enables access to the structure of action, as well as to orientations also called the habitus of the actors. Therefore, the documentary method seems to be appropriate to the aim of this work.

## Initial findings

Based on the semi-structured interviews on the topics of sport and physical (in)activity, sport and health, sport and body as well as sport and leisure, the following frameworks of orientation have been developed. The question marks indicate that the presented study has been done with an explorative aspect and that further subjects could have been discussed during the interviews.

## Frameworks of orientation



## Summary and outlook

Initial findings reveal that there are different sport related values, attributions of meanings and patterns of action, also called frameworks of orientation, which correlate with the habitual sport practice. This study illustrates that habitus is culturally shaped, and could assist in comprehending the meaning of socio-cultural factors for sport participation in Switzerland and other countries. As the presented study is an explorative approach, further analyses are needed to deepen and generalise the findings.

## References:

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